

# Missouri Mental Health Resources

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## General Information

### **Missouri Department of Mental Health -**

The state mental health authority comprised of two divisions: the Division of Behavioral Health and Division of Developmental Disabilities as well as a number of Offices dedicated to providing services, support, and information for the citizens of Missouri.

- [WWW.DMH.MO.GOV](http://WWW.DMH.MO.GOV)
- [800-364-9687](tel:800-364-9687)

### **Missouri Coalition of Behavioral Health**

**Centers-** A coalition of the state's not-for-profit community mental health centers and alcohol and drug abuse treatment agencies. For a directory of agencies across the state visit:

- [HTTP://WWW.MOCOALITION.ORG/](http://WWW.MOCOALITION.ORG/)

### **Veterans Behavioral Health Alliance -**

Veterans Behavioral Health Alliance is a group of service providers dedicated to serving the needs of veterans and their families. For information about services and the Alliance go to:

- [HTTP://DMH.MO.GOV/VETERANS.HTM](http://DMH.MO.GOV/VETERANS.HTM)

### **Mental Health America of Eastern**

**Missouri -** A not-for-profit, charitable corporation founded in 1945 for the purpose of giving form and structure to the growing community concerns for the needs of those with mental illness. It serves St. Louis city and county, St. Charles, Lincoln, Warren, Franklin and Jefferson counties.

- [HTTP://WWW.MHAEM.ORG](http://WWW.MHAEM.ORG)
- [PHONE: 314-773-1399](tel:314-773-1399)

### **Mental Health Association of the**

**Heartland -** MHFAH's mission is to promote the mental health of the community and improve the quality of life of persons with mental illness, through advocacy, education, and support. MHAH promotes mental wellness, improves care and treatment of persons with mental illness, and works to eliminate the stigma associated with mental illness through grassroots citizen-action efforts and non-clinical support. MHAH primary

service area is the greater Kansas City metropolitan area and surrounding counties.

- [HTTP://WWW.MHAH.ORG](http://WWW.MHAH.ORG)
- [PHONE: 913-281-2221](tel:913-281-2221)

### **NATIONAL ALLIANCE ON MENTAL ILLNESS OF MISSOURI (NAMI) -**

A nonprofit, volunteer organization dedicated to making life better for individuals and families whose lives have been touched by mental illness. They provide education courses for consumer, family members, parents, and mental health professionals. NAMI of Missouri has 16 chapters throughout the state.

- [HTTP://MO.NAMI.ORG](http://MO.NAMI.ORG)

## General Family Crisis Support

### **UNITED WAY 211 -**

Provides free and confidential information and referral. Call 211 for help with food, housing, employment, health care, counseling and more. Learn more about your local 211 by looking it up here.

- [HTTP://WWW.211.ORG](http://WWW.211.ORG)
- [PHONE: 211](tel:211)

## Family Crisis Helplines

### **National Center for Missing and Exploited Children**

- [800-843-5678](tel:800-843-5678)

### **Missouri Child Abuse and Neglect Hotline**

- [800-392-3738](tel:800-392-3738)

### **Deafline Missouri:**

- [800-380-3323 \(VOICE/TTY\) OR](tel:800-380-3323)
- [800-445-5035 \(VOICE/TTY\)](tel:800-445-5035)

### **Life Crisis Helpline:**

- [800-273-8255 \(24 HOURS\)](tel:800-273-8255)

### **Missouri Elder Abuse Hotline:**

- [800-392-0210](tel:800-392-0210)

### **Missouri School Violence Hotline:**

- [866-748-7047](tel:866-748-7047)
- [WWW.SCHOOLVIOLENCEHOTLINE.COM](http://WWW.SCHOOLVIOLENCEHOTLINE.COM)

### **National Domestic Violence Hotline:**

- [800-799-7233](tel:800-799-7233)

### **National Sexual Violence Hotline:**

- [800-656-4673](tel:800-656-4673)

## Suicide Helplines

### **National Suicide Prevention Hotline:**

- 800-273-TALK (8255) click \*1 for Veterans Crisis Line
- KIDS UNDER TWENTY ONE - KUTO is dedicated to providing youth-focused crisis prevention, suicide intervention, and postvention support to the community through awareness education and outreach. KUTO's philosophy is teens helping teens help themselves.
  - [HTTP://WWW.KUTO.ORG](http://www.kuto.org)
  - TOLL-FREE PHONE: 888-644-5886 (4 - 10 P.M. SUN-THURS AND 4 - MIDNIGHT FRI-SAT)

### **Youth Specific Help**

- ST. LOUIS COUNTY YOUTH CONNECTION HELPLINE
  - CALL: (314) 628-2929 OR TOLL-FREE: (877) 928-2929
  - \*TEXT: 4HLP TO 31658
- ST. LOUIS CITY YOUTH CONNECTION HELPLINE
  - CALL: (314) 485-4635 OR TOLL-FREE: (844) 336-2435
  - \*TEXT: 2TALK TO 31658

## Substance Abuse Resources

### **Missouri Alcoholics Anonymous Meeting locator**

- [HTTP://ALCOHOLISM.ABOUT.COM](http://ALCOHOLISM.ABOUT.COM)

### **Missouri Al-Anon**

- [HTTP://WWW.MISSOURI-AL-ANON.ORG](http://WWW.MISSOURI-AL-ANON.ORG)

### **Missouri Narcotics Anonymous**

- [HTTP://SHOWMEREIONNA.ORG/](http://SHOWMEREIONNA.ORG/)
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## Helpful Mental Health Links

Mental Health First Aid <https://www.mentalhealthfirstaid.org/>

- Mental Health First Aid CEUs MO \$25 <http://mhfamissouri.org/continuing-education-units/>

### 13 Reasons Why

- American Foundation for Suicide Prevention's 13 Reasons Why Discussion Guide: <https://afsp.org/wp-content/uploads/2018/05/US-FINAL-13-Reasons-Why-Discussion-Guide.pdf>
- 13 Reasons Why Toolkit (created by professionals) <https://www.13reasonswhytoolkit.org/>
- TV Show's Resources <https://13reasonswhy.info/>

American Foundation for Suicide Prevention <https://afsp.org/>

Centre for Clinical Interventions <http://www.cci.health.wa.gov.au/Resources/Overview>

Crisis Text Line <https://www.crisistextline.org/> Text HOME to 741-741

Get Self Help UK <https://www.getselfhelp.co.uk/freedownloads2.htm>

- Specific Resource Coping with Suicidal Thoughts  
<https://www.getselfhelp.co.uk/docs/CopingSuicidalThoughts.pdf>

Mental Health America <http://www.mentalhealthamerica.net/>

National Alliance on Mental Illness <https://www.nami.org/>

National Institute on Drug Abuse <https://www.drugabuse.gov/>

National Suicide Prevention Lifeline <https://suicidepreventionlifeline.org/> , 1-800-273-8255,  
<https://suicidepreventionlifeline.org/chat/>

Substance Abuse and Mental Health Services Administration <https://www.samhsa.gov/>

- SAMHSA's National Helpline – 1-800-662-HELP (4357) SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
- <https://findtreatment.samhsa.gov/>

The Mighty <https://themighty.com/>

The Trevor Project <https://www.thetrevorproject.org> 1-866-488-7386

- TrevorText—Text "TREVOR" to 1-202-304-1200. Standard text messaging rates apply. Available Monday through Friday between 3pm–10pm EST / Noon–7pm PT

To Write Love On Her Arms <https://twloha.com/>